

[View this email in your browser](#)

December 2022 e-Newsletter



Congratulations Dick Straub!

Congratulations to the 2022 UW College of Agriculture and Life Sciences (CALs) Distinguished Service Award recipient, Richard Straub. Thank you, Dick, for all your service to AgrAbility and CALS!



Thank you Crown of Life Academy!

The Crown of Life Christian Academy, located in Fort Atkinson, Wis., selected AgrAbility of Wisconsin as its first-quarter service project partner. We really appreciate the support from your school and the chance to share about what we do with Crown of Life students and staff.

Funds raised by Crown of Life and donated to AgrAbility will be used to purchase Grain Bin Indicators for AgrAbility clients. Grain bin indicators are great tool for staying safe in the harvest season by eliminating the need to climb to the top of the bin to check fill levels. Thanks again!



FARM ON!

Farm Resources Open House and a chance to win Reba tickets

Join AgrAbility at Carl F. Statz & Sons in Waunakee, Wis., on Saturday, January 14, for the first annual 'FARM ON!' event. Pam Jahnke, the Fabulous Farm Babe and Farm Director of the Midwest Farm Report Network, will kick off the event with a welcome. Wisconsin Farm Center staff will be on site with resources for farmers and farm families regarding stress and mental health, as well as AgrAbility staff on hand to share tips about equipment and tools to help you farm safely and lessen the wear and tear on your body.

"We are excited to work with Carl F. Statz and get the word out," says Brian Luck, Director of AgrAbility of Wisconsin. "Winter is a good time to evaluate your needs for the upcoming year. Come by and see what there is, see what AgrAbility does, and hear how the Wisconsin Farm Center is reaching out to growers in our state."

Visitors can demo a few pieces of adaptive equipment on site. Refreshments will be available too. Participants at the event can enter to win tickets to see Reba McEntire at the Fiserv Forum in Milwaukee on March 17.

Stop by 10am-12pm on Saturday, January 14, 2023, at Carl F. Statz & Sons, 6101 Hogan Road, Waunakee, Wis. Concert ticket drawing will be at noon.



FARM ON!

**January 14, 2023
6101 Hogan Rd
Waunakee, Wis.
10am-12pm**

HOSTED BY

CARL F. *S*TATZ
Since 1930 & Sons Inc.
90 Years Strong

Upcoming Events....

Winter tradeshow season is here. Stop by and say hi at the AgrAbility booth and tell me about your experience with us!

- Jan. 11-12 - Wisconsin Agri-Business Classic, Madison, Wis.
- Jan. 29-31 - Wis. Fruit & Vegetable Growers Conference, Wisconsin Dells, Wis.

- Feb. 2-3 - Corn/Soy Expo, Wisconsin Dells, Wis.
- Feb. 23-25 - Marbleseed (formerly MOSES), LaCrosse, Wis.
- Mar. 28-30 - WPS Farm Show, Oshkosh, Wis.

DATCP Announces Plans for Wisconsin Local Food Purchase Assistance Program

The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) has signed a \$2.94 million cooperative agreement with the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service to create the Wisconsin Local Food Purchase Assistance (LFPA) Program. The new program aims to strengthen local and regional food systems, support Wisconsin farmers, and distribute fresh nutritious foods to underserved communities.

DATCP will work collaboratively with producers, distributors, food security organizations, and tribal partners to provide program development, coordinate transportation and logistics, and procure food from local producers. For more information on the Wisconsin LFPA Program, visit DATCP's LFPA webpage. (<https://datcp.wi.gov/Pages/AgDevelopment/LocalFoodPurchasingAgreement.aspx>)

We're in the News....

Check out these recent articles...

- [Grant Helps Disadvantaged Farmers](#)
- [AgrAbility Keeps Farmers in the Game](#)
- [Programs Help Farmers with Disabilities Keep Farming](#)

Brrrrrrr! Baby, it's cold outside. Tips for Cold Stress Safety

As farmers, you work in all weather. The winter cold and snow doesn't stop you from going out to take care of livestock. When the wind blows and the temperature drops, it becomes even more important to stay dry and warm before the symptoms of **COLD STRESS** take over....

- **What is Cold Stress?** - [Cold stress](#) occurs when the body loses heat and cannot warm itself.
- **When does this happen?** - Four factors contribute to cold stress: cold temperatures, high or cold wind, dampness and cold water.
- **What can I do?** - Wear appropriate clothing - Stay nourished and hydrate - Get plenty of rest (i.e. take breaks and warm up) -Be aware (of the weather and how your body reacts to the cold)

Visit the [UMASH website](#) for more information and great flyers (see images below) to hang in your work office for employees or to share with family members working on the farm. Bundle up and take care this winter!

Information here is being shared with permission from the source, Upper Midwest Agriculture Safety & Health Center. Thanks again to UMASH for these great hand-outs and valuable safety information.



PREVENT COLD STRESS



WEAR APPROPRIATE CLOTHING

- ✓ Cover nose, ears, cheeks, chin, neck, fingers, and toes in warm, dry clothing
- ✓ Make sure footwear is not damp or too tight
- ✓ Wear several layers of loose clothing
 - Inner layers - wool or synthetic fabrics that wick away moisture
 - Outer layers - wind and water resistant
- ✓ Avoid wearing wet clothing or wet gloves
 - Take layers off if you begin to sweat and put them back on when you cool down
 - Carry extra cold weather gear in case work clothing gets wet



STAY NOURISHED AND HYDRATE

- ✓ Eat warm, high calorie foods to maintain energy
- ✓ Drink water to stay hydrated
- ✓ Warm beverages may also help increase body temperature



GET PLENTY OF REST

- ✓ Take regular breaks to warm up in sheltered areas
- ✓ Avoid exhaustion and fatigue



BE AWARE

- ✓ Notice how your body reacts to the cold
- ✓ Work in pairs to watch for signs and symptoms of cold stress

If you have cold stress symptoms, find a warm location, remove wet clothing, warm the center of the body, & get medical help as soon as possible.

For more cold stress resources: umash.umn.edu/coldstress/

The Upper Midwest Agriculture Safety and Health (UMASH) Center is funded by the National Institute for Occupational Safety and Health cooperative agreement U54CE0020170 (2009-2023)



Cold Stress on the Farm

Recognize and Respond to Cold Temperatures, High Winds, and Wet Conditions in the Workplace

COLD TEMPERATURES

HYPOTHERMIA - Prolonged exposure to cold can cause the body to lose heat faster than replace it. Low body temperatures affect ability to think clearly or move well.

Early Symptoms • Shivering • Fatigue • Loss of coordination • Confusion and disorientation	Late Symptoms • No shivering • Blue skin • Dilated pupils • Slowed pulse and breathing • Loss of consciousness
--	---

CHILBLAINS - Damage of skin blood vessels from repeated exposure to cold temperatures. Damage can be permanent with redness and itching returning with cold exposure.

Symptoms

- Itchiness and itching on cheeks, ears, fingers, and toes
- Possible blistering
- Inflammation

HIGH WINDS

FROSTBITE - Freezing of skin and tissues from cold temperatures and low-wind chill factors. Permanent damage to body tissues, and severe cases can lead to amputation.

Symptoms

- Reduced blood flow to hands and feet (fingers or toes can freeze)
- Numbness, tingling, or stinging
- Aching
- Bluish or pale, waxy skin

WET CONDITIONS

TRENCH FOOT - Damage of the tissues in the feet from cold and wetness. Damage to skin, loss of circulation to feet, and toxin build up.

Symptoms

- Reddening of the skin
- Numbness, tingling, or swelling
- Leg cramps
- Blisters or bleeding under the skin
- Gargling the foot may turn dark purple, blue, or gray

IMMERSION HYPOTHERMIA - Prolonged exposure to chilling from rain, sweat, or cold water can cause the body to lose heat faster than replace it. Can occur at cooler temperatures (above 40 °F)

Low body temperatures affect ability to think clearly or move well.

Early Symptoms • Shivering • Fatigue • Loss of coordination • Confusion and disorientation	Late Symptoms • No shivering • Blue skin • Dilated pupils • Slowed pulse and breathing • Loss of consciousness
--	---

Holidays can be hard, but you are never alone.

If you are experiencing anxiety, depression, or just need a welcoming ear to talk to, please call the 24/7 Wisconsin Farmer Wellness Helpline at (888) 901-2558.



Copyright © 2022 AgrAbility of Wisconsin, All rights reserved.

Grant Funding Source: United States Department of Agriculture, National Institute of Food and Agriculture 2018-41590-28721

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

AgrAbility of Wisconsin · 460 Henry Mall · Madison, WI 53706 · USA

